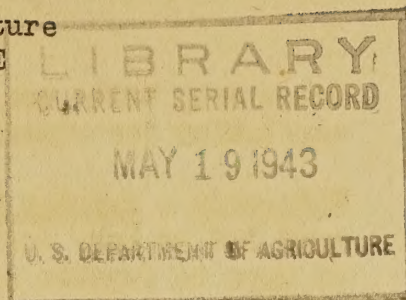


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DIGEST OF HOMEMAKERS' CHATS  
Week of August 2, 1942

Monday - Freezing the Family's Food Supply. Preserving food becomes more important to every American housewife as the war continues. Food for the average family of five for a year will weigh about 8,500 pounds. Up to now you could get plenty of canned food from the grocer at any time or can your own home-raised food. But now other means of preserving food must be used. Today we consider the freezing method. This is the easiest way and gives products most nearly like the fresh. First, plan the best use of freezer locker space. Plan to put in as you take out, and keep it full the year round. The most popular frozen foods are beefsteak, pork chops, green peas, asparagus, and strawberries. Close seconds are beef roasts, pork loin, frying chickens, lima beans, corn, berries, cherries, and peaches. Other fruits that freeze well are apricots and nectarines, guavas, figs, mangoes, and some varieties of plums and prunes. Other vegetables for freezing are broccoli, brussels sprouts, cauliflower, snap beans, green soybeans, okra, sweet pepper, and spinach. All vegetables, but not fruits, have to be blanched in boiling water before freezing to stop action of the enzymes. The food must have moistureproof wrapping. Ordinary paper won't do. The plant should have shelf coils or plates, a fan to speed up air flow and a temperature of minus 10° F. for freezing the food. After freezing, the food should go into a temperature close to zero Fahrenheit.

Tuesday - Question Box. A gardener wants to know why pea vines turn yellow and die. Scientists suggest that the most likely cause of this is root rot. Molds or fungi in the soil cause this. Rotating crops will help. If the vines have plenty of plant food, they may be able to grow roots faster than the molds can destroy them. To avoid root rot in the peas you plant for fall, use enough fertilizer, but don't let any chemicals touch the seed; plant the peas in a part of the garden where other vegetables have been growing not where you planted them this spring; wait to plant until the strong heat of midsummer is past, unless you live in a Northern State. The second question from a gardener is on how to save vegetable seeds. Seeds keep best in a cool, dry place. Well-dried seeds will keep at ordinary room temperature for the next season if the air of the room is kept dry. To keep seeds alive for several seasons, seal them in glass jars and store in a cool place. You can learn more about this subject from a leaflet published by the USDA, Washington - No. 220, "Storage of Vegetable Seeds." Another gardener wants to know when to plant raspberries. In general, spring is the time, but the red varieties can also be planted in the fall. With good care the planting should last from 10 to 12 years. About a hundred plants should produce at least 50 quarts of fruit a year. The last question is about fall gardens. "What vegetables should be put in in summer for fall crops?" Good vegetables to put in first for fall greens are kale, collards, endive, leaf lettuce, and turnips. All these start off well even during warm weather. You can also sow seed for Chinese cabbage and, in cool sections, for spinach.



Green snap beans can go in now for a fall supply. You can also put in vegetables for winter storage - beets, turnips, carrots.

Wednesday - Fabrics Mother Never Knew. Wartime shortages of certain materials have led to many textile investigations. Scientists have found out a number of ways to improve natural fibers. Wool, cotton, and rayon have all been modified and improved. New fibers have been invented and fabrics made from them, such as Nylon, Vinyon, and Saran. Natural proteins are also making textile fibers today. One is made of the casein of milk. The soybean plant may soon become another new source of textile fibers. Fabrics are often made from two or more different fibers and nowadays you may not be able to tell by looking at a fabric what fibers it contains, so read labels and insist on information about wearing qualities.

Thursday - Question Box. A Pennsylvania woman who lives several miles from any store asks if it would be hoarding if she bought a 100-pound bag of flour for winter use. The answer is, "No." It would be entirely patriotic to buy whatever amount of flour you can store properly. It would take that much out of the dealer's hands and enable him to stock more and thus help the general wheat storage problem a little. Another correspondent wants to know how to use coffee and tea economically. Home economists suggest that you buy fresh coffee often and keep it tightly covered in a can. Have it ground as fine as you can use it. Measure accurately both coffee and water. Give the children milk and fruit juices instead of coffee. For iced coffee, make it long enough ahead to allow it to cool before putting in the ice. As for tea, it pays to buy it in bulk rather than bags or balls. Follow the same hints given on using coffee. Steep the tea 4 or 5 minutes. The last question is this, "Is sour cream salad dressing cooked or uncooked?" The answer is, "either." For an uncooked dressing, whip one-half cup of sour cream. In another bowl mix 1 tablespoon of sugar, 1/4 teaspoon salt, and a little pepper. Add 1 tablespoon lemon juice and 2 tablespoons vinegar to dry ingredients. Stir this mixture gradually into the whipped cream. For a cooked dressing, beat 2 eggs very light, add 1 cup sour cream, 1/2 teaspoon salt, 1/4 teaspoon mustard, 1 tablespoon vinegar, and a few drops of tabasco sauce. Cook over hot water, stirring every minute until it thickens. Use like any cooked salad dressing.